



Fremont Multi-Service Senior Center
40086 Paseo Padre Parkway (at Lake Elizabeth)
Fremont, CA 94538
790-6600 • 494-4539 (T.T.Y.) •
www.fremont.gov

January



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Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 6-8:30 Caregivers Support	4 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 9-3 Deaf Seniors-Com.C. 11:00 Fremont Paratransit Info & Registration 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	5 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 300 Yoga w/ May Chen 7:00 Woodcarvers	6 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" band (\$4)	7 9:30-3 Washington on Wheels 8:30 Walkers 9:00 Pinochle, Canasta 9:00 Card games 10:00 Bridge 10:30 Bay Strings Band Practice 1:00 Chinese Club Social 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Garden Club 3:00 Tai Chi
10 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	11 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 10:00 New Creative Writing Class 10:30 Indo-Amer. Seniors 11:00 Paratransit Info & Reg Note day & time : Footcare-Tri-City Health (appt) 12:45 Crafts 1:00 Trip Meeting-Spain & Portugal and Switzerland 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 3:00 East Indian Seniors 4:00 Tai Chi (Adv)	12 8:15 Tai Chi 8:30 Walkers 10:00 AC Transit picture ID Card (appt) 9:00 Canasta 9:30 Band Practice 10:00 Current Events 1-5 Afghan Women 1:00 Pinochle & Canasta 1:00 Mah Jongg 1:30 NARFE Board Meet. at Boathouse 1-4:30 Afghan Women 7:00 Woodcarvers	13 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Facility Sub-Comm. Meeting 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	14 8:30 Walkers 9:00 Pinochle/Canasta 9:00 Card Games 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Birthday Party! Entertainment by Candy Farrell & the Fremont Tappers Needlecrafts 3:00 Tai Chi
17 MARTIN LUTHER KING JR. HOLIDAY SENIOR CENTER CLOSED	18 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9-3 Deaf Seniors-Com.C. 9:30 Senior Fitness 10:00 New Creative Writing Class 11:00 Paratransit Info & Reg. 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	19 What is Old is New in San Francisco Trip 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) 1:00 Pinochle & Canasta 1:00 Mah Jongg 300 Yoga w/ May Chen 7:00 Woodcarvers	20 Jackson Casino Trip All A Wing Classes Cancelled To prepare for January Clearance Sale 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 10-3 B.P. Screening 1:00 Chess & Games 2:00 Sr. Center Singers	21 January Clearance Sale In A Wing 9: 30 – 3:00 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 9:30 Sr. Commission Meeting – Training Room, Bldg B 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Needlecrafts 3:30 Russian Club
24 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 9:30 Builders Fund Board Meeting – visitors welcome 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 7 – 9 Parkinsons Support Group	25 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9:30 Senior Fitness 10:00 New Creative Writing Class 10:30 Indo Amer. Seniors 11:00 Paratransit Info & Reg 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 2:00 Visual Concerns Support Group 3:00 East Indian Seniors 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	26 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Legal Assist. for Seniors – new day 10:00 Current Events 1-4:30 Afghan Women 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers	27 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	28 8:30 Walkers 9:00 Pinochle/ Canasta/ Card Games 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE Business Meeting 1:00 Pinochle/ Canasta 1:30 Needlecrafts 3:00 Tai Chi
31 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9-12 Footcare – Valley (appt.) 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	 HAPPY NEW YEAR			